

## CLAIMS

1. A composition comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
2. The composition according to claim 1, wherein the ground lotus and/or the lotus extract is dried or concentrated at a temperature of -30°C to 70°C.
3. The composition according to claim 1 or 2, wherein the ground lotus and/or the lotus extract is prepared without applying a temperature of higher than 100°C.
4. The composition according to any one of claims 1 to 3, wherein the lotus is a lotus root.
5. The composition according to any one of claims 1 to 4, wherein the lactic acid bacterium is a sporing lactic acid bacterium.
6. The composition according to any one of claims 1 to 5, wherein the composition is a drug, a food additive or a food.
7. The composition according to any one of claims 1 to 5, wherein the composition is a constipation-relieving drug, a constipation-relieving food additive or a constipation-relieving food.